



# PerioConnect

Champlain Periodontal's patient newsletter

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Welcome to our newsletter! Please enjoy some oral health information and updates about our office.

## HALITOSIS

Bad breath, also called halitosis, can be embarrassing and in some cases may even cause anxiety. It's no wonder that store shelves are overflowing with gum, mints, mouthwashes and other products designed to freshen your breath. But many of these products are only temporary measures because they don't address the cause of the problem.

Bad breath odors vary, depending on the source or the underlying cause. Some people worry too much about their breath even though they have little or no mouth odor, while others have bad breath and are unaware of it. Because it's difficult to assess how your own breath smells, ask your dentist or hygienist if they detect an odor.

Certain foods, health conditions and habits are among the causes of halitosis. They include:

- **Food.** Digestion begins in the mouth. The breakdown of food particles in and around your teeth can cause a foul odor. Eating certain foods, such as onions, garlic, certain vegetables and spices,

will cause halitosis. Some of these foods are so pungent that they affect your breath several hours into digestion.

- **Poor dental hygiene.** If you do not brush and floss properly, food particles may remain in your mouth, causing halitosis. Tongue scraping is an important part of good home care. The velvet-like landscape of the tongue is an area that can trap bacteria. It is best to use a tool designed for the tongue, rather than your brush. If you wear removable dental appliances, these need to be cleaned daily. An antibacterial soak and hard toothbrush, one you do not use on your natural teeth, are the best tools. Some bacteria emit a sulfur gas that has a distinct odor. Even with good home care, some people may have a higher concentration of these bacteria in their mouths.
- **Tobacco products.** Smoking causes its own unpleasant mouth odor. Smoking has a drying effect on the oral tissues. This combined with the noxious odor of the chemicals in tobacco products, creates halitosis. Smokers and oral tobacco users are also more likely to have gum disease, another source of bad breath.
- **Dry mouth.** Saliva helps cleanse your mouth. A condition called dry mouth, also known as xerostomia can contribute to bad breath because production of saliva is decreased. Dry mouth naturally occurs during sleep, leading to "morning breath," and is made worse if you sleep with your mouth open. Some medications can lead to a chronic dry mouth, as can a problem with your salivary glands and some health conditions.

- **Infections in your mouth.** Periodontal disease tends to cause halitosis. Periodontal disease begins as gingivitis. Gingivitis occurs when your gums are irritated by a colorless, sticky film of bacteria, viruses and fungi, commonly known as plaque. If this plaque is not removed, the gum tissue becomes swollen and loosens causing plaque-filled pockets to be formed between your teeth and gums (periodontitis). Tooth decay is caused by bacteria and considered an infection. Halitosis can also be caused by tooth decay.
- **Other mouth, nose and throat conditions.** Halitosis can occasionally stem from small stones that form in the tonsils and are covered with bacteria that produce odorous chemicals. Infections or chronic inflammation in the nose, sinuses or throat, which can contribute to postnasal drip, also can cause bad breath. Rinsing or gargling with warm salt water can loosen stones and clear phlegm that contribute to the odor.
- **Medications.** Some medications can indirectly produce bad breath by contributing to dry mouth. If you suffer from dry mouth there are salivary replacement products such as Prevident 5000 for Dry Mouth and Biotene available in our office. Some medications can be broken down in the body to release chemicals that can be carried on your breath. These chemicals may emit an odor.

- **Other causes.** Diseases, such as some cancers, and conditions such as metabolic disorders, can cause a distinctive breath odor as a result of chemicals they produce. Chronic reflux of stomach acids (gastroesophageal reflux disease) can be associated with bad breath.

In many cases, you can improve halitosis with consistent proper dental hygiene. If you have bad breath, review your oral hygiene habits. Try making lifestyle changes, such as brushing your teeth with a high quality automatic toothbrush and using a tongue scrapper twice a day. Thick dental floss or tape will remove more food debris and plaque between teeth. Water-flossing tools filled with a mouthwash/water combination rounds out your ideal homecare routine, removing small pieces of food and flushing plaque from between teeth.

If your bad breath persists after making such changes, mention it at your next appointment. We will be certain you have had a thorough dental exam and that your radiographs are current. We may recommend mouthwashes or other products we offer that target sulfur-emitting bacteria, such as Closys rinse and toothpaste. If there is no obvious dental reason for your halitosis and changes in home care do not resolve the issue, we may recommend seeing your physician.

## **Getting to know Jill**

*1983 was a big year for our Jill. In May of 1983 she graduated from the University of Vermont with her Associate's in Allied Health for dental hygiene. In July she married her best friend, Richard. Then in November, she was hired by Dr. Zablotzky to work for Champlain Periodontal in downtown Burlington. Ever since that fateful day in November, she has been dedicated to providing the highest quality of preventative dental care. Over the years, many of Jill's patients have become close friends. Everyone looks forward to the latest photo and update about her son, Collin and daughter, Taylor. Spend just a few moments with Jill and it becomes clear she loves everything about summer...sun, flowers, beaches and flip-flops. But even after all of these years, there are still some things to learn about Jill. Prior to dedicating herself to dental hygiene, Jill was an art major. She still holds a passion for art and calls it her 'therapy'. Although Jill has been dedicating her time these days to painting and creating unique journals, many of her pieces of art can be seen on any of her co-workers. Jill has been designing and creating beautiful pieces of jewelry that many of us wear everyday.*



## Martha's Creamy Hot Artichoke Dip

### Ingredients

- 1 can (14 oz.) artichoke hearts, drained and chopped
- 1 cup Mayonnaise
- 1 cup grated parmesan cheese
- 8 ounces cream cheese
- 1 clove garlic, finely chopped
- 1 cup shredded mozzarella cheese
- 2-3 TBSP sriracha sauce

### Directions

1. Preheat oven to 350 degrees
2. Combine all ingredients in a large bowl
3. Place mixture in a heat proof dish
4. Bake uncovered 25 minutes or until heated through, lightly browned and bubbly
5. Serve with your favorite dippers!

### Variations

- For spinach & artichoke dip...add one 10 ounce package frozen chopped spinach, cooked and squeezed dry
- For seafood artichoke dip...add one 6 ounce can crab meat, drained and flaked

We appreciate the many compliments we're given about the quality of our cleanings. We welcome your family and friends and would be delighted to care for them as well. Patients can be self referred or referred by an existing patient, even if they don't have periodontal disease. If you think a friend or family member would benefit from the care in our office, they can call to set up an appointment.

On May 28<sup>th</sup> at 2:00 PM, our Kerri and her husband Todd welcomed Jordan into the world. At 9lbs 5oz and 22 inches long, Jordan was a long awaited addition to the Champlain Periodontal family! Look at that smile!

